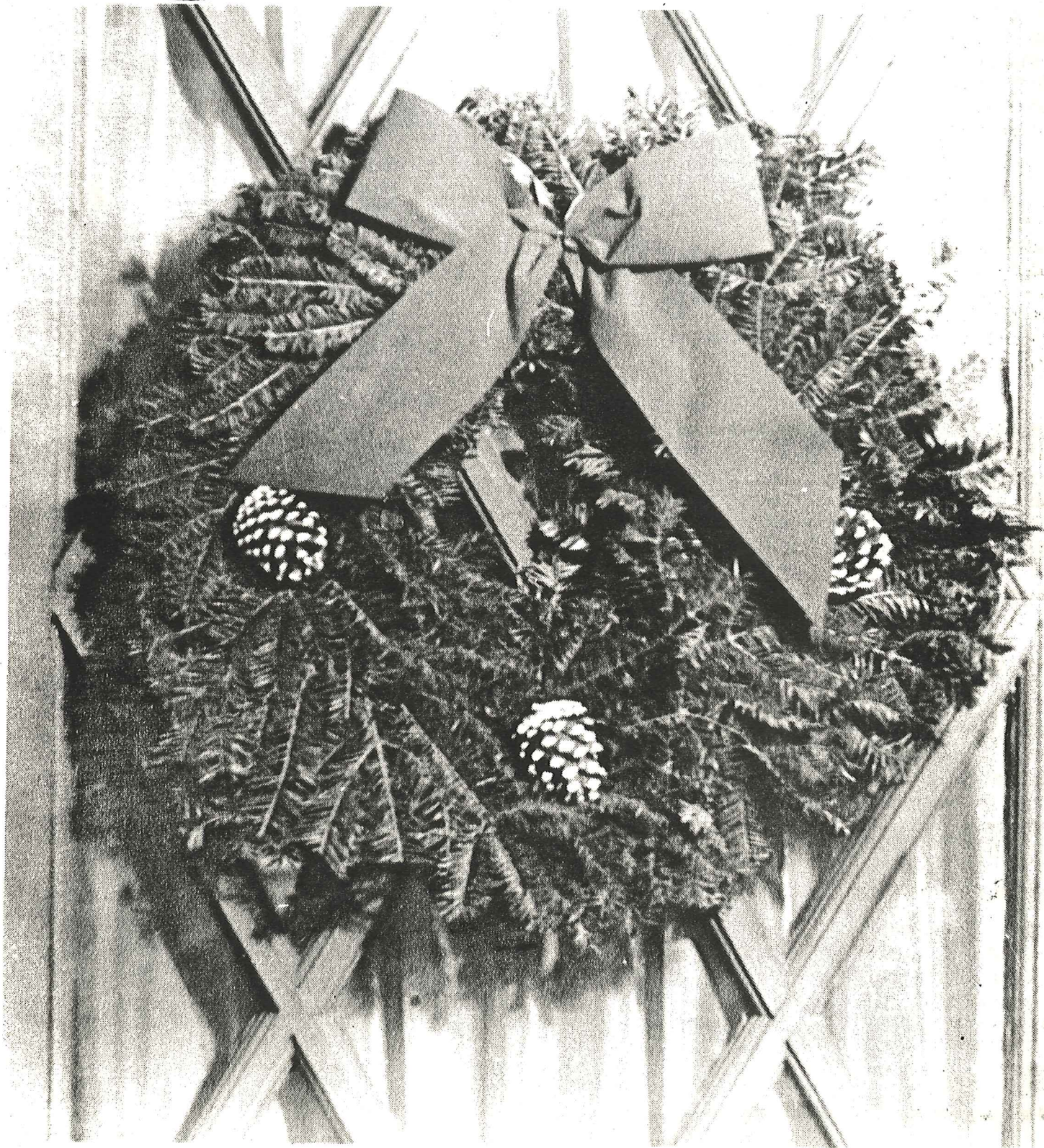




# WARRIOR

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# Teenage Suicide:

## A Cry For Help

*By Melissa Weeks*

Teen Suicide. Surely it isn't the topic of one's everyday conversation, but maybe it should be thought about more often.

Suicide is the third leading cause of death among young people, accidents and murders before that, having risen from 5th place five years ago.

At the high school level, 30% of the suicides occur among dropouts. However, at college level, more college than non-college young people take their own lives. Interestingly, the rate increases with the prestige of the college. Suicide is the second leading cause of death among college students.

Girls account for 90% of suicide attempts; boys for 70% of actual suicides. Although the total rate is lower among married people, the percentage of suicides is considerably higher in the under-24 married group.

Other factors appear in statistics. Religion: more Protestant youths commit suicide, fewer Jews and fewest, Roman Catholics. Geographical area: in the north, more blacks; in the South, more whites. Month: April has the highest suicide rate; the two weeks at Christmas, the second highest. Mondays and Fridays produce the most suicides, midweek the fewest.

Girls tend to select passive means—sleeping pills and slit wrists, where death eases in; boys choose hanging and shooting, where death comes violently.

The suicide rate has risen more than 200% in recent years. It has risen so sharply that people are calling it an epidemic. Suicide is attributed to the breakdown of home and church particularly. What used to provide stability for young people is gone.

People blame suicide on different ideas. Moralists blame it on promiscuity; liberals blame it on Puritan rigidity; conservatives blame "being too easy" on the kids." Nobody really knows.

Attempted suicides outnumber completed by as much as 50 to 1. There is hope and prevention steps can be taken

In order to understand the emotional state that leads a young person to self-destruction, it is important to look at what is considered a normal adolescence. Psychiatrists feel that this is a time of depression and here are some causes:

- \* It is a period of chemical changes, which create depressive states.
- \* Young people view themselves supercritically, almost feeling a need to dislike what they see.
- \* A period of mourning takes place. The adolescent cuts parental ties—the source of his value system, his security, his approval. Instead he refers to his peers for help and advice.
- \* The complexity of decision making today creates tremendous confusion and pressure.

What turns the normal adolescent misery into self-inflicted death? Communication. A suicide attempt is a way of communicating—it is a last effort in a long series of cries for help.

Although suicide always comes as a shock to those left behind, it is not an impulsive action. The young person cries out for help through the years, but parents or guardians just don't know what to look for. It's the agonized cry of family and friends, "If we had just listened?"



# NJ Rich in Financial Aid

"New Jersey colleges and universities are as good as and often better than many out of state institutions that these students choose to attend," stated Dr. T. Edward Hollander, Chancellor of New Jersey's Department of Higher Education. The department found, in a recent study, that 35% of the students going to out of state schools do so for misleading and inadequate reasons. Evolving from the problem of students migrating from New Jersey is a public awareness program emphasizing opportunities in higher education and financial aid in the state.

Not only New Jersey residents attending schools within the state on a full-time basis are eligible for some of the over one million dollars a day in financial aid distributed by the state, but Jersians traveling to out of state schools also qualify. Students migrating to New Jersey schools are also eligible for state aid.

"Putting money into education is putting money into the future," stated Governor Thomas Keane at a press conference last Wednesday in Trenton. The state expects to approve \$270 million in Guaranteed Student Loans in the up coming year. Programs such as the Tuition Aid Grant (T.A.G.), Garden State Scholarship, and the Educational Opportunity Fund (E.O.F.) are expected to give over \$60 million in grants.

Almost 120,000 students apply and get loans in New Jersey, which has one of the nation's biggest student loan programs in parallel with giving more grants than most states. The New Jersey Financial Aid Form (NJFAF) must be filled out to receive state and federal assistance. New Jersey has a financial aid hotline (1-800-792-8760) for people who need the NJFAF or have any questions about the forms. Almost 400 New Jersey banks, credit unions, and lenders throughout the state have forms for student loans which are available near June.

Students whose family's income is below \$30,000 are eligible for student loans. Those exceeding this limit are also qualified, but usually misunderstand the federal form's requirements. Families are encouraged to obtain all the grants possible before taking out a loan. The processing takes about four to six weeks or less if they are filled out completely and correctly. Filing the NJFAF automatically submits your name to many of the federal financial aid programs.

"My job as chancellor is to make sure the system of higher education in New Jersey meets the needs of our students," remarked Hollander. New Jersey offers more than 2,000 degree programs from its 56 institutions of higher learning. Hollander feels if students realize what the state has to offer, fewer of them will travel out of state for an education.

*By JimThompson*



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# Christmas Customs



The 25th of December, celebrated as the birthdate of Jesus, is better known as "Christmas." Christmas is the most widely celebrated and most popular holiday.

It is a religious holiday celebrated by Christians all over the world but some of its traditions have nothing to do with religion at all.

In the Netherlands, Christmas is celebrated according to legend, that Saint Nicholas gives presents to children on the eve of December 6. Saint Nicholas goes down the chimney of each house and leaves gifts in shoes that the children have put by the fireplace. Merry Christmas in the Netherlands is said "Zalig Kerst feest".

The Christmas season in Sweden begins on St. Lucia Day, December 13. On this morning the oldest in the home dresses in white and wears a wreath with seven lighted candles on her head. Merry Christmas in Sweden is said "God Jul".

In Spain people dance and sing in the streets after midnight Mass on Christmas Eve. During the evening of January 5, children put their shoes on a balcony or near a window. The next day, January 6 is the Epiphany, the last day of the Christmas season. Merry Christmas in Spain is said "Feliz Navidad."

The Italians have a female Santa Claus called the Lady Befana who gives out gifts on the Feast of the Epiphany. She comes down the chimney just as the traditional Santa Claus does. Merry Christmas in Italy is said "Buon Natale."

The idea of the Christmas tree originates in Germany where it is called

In France, the traditional manger scene containing Mary, Joseph, baby Jesus and several animals is called a creche pronounced (kraysh).

Singing Christmas carols is also a tradition held in many countries. A

more modernized custom is sending Christmas cards.

Not all religions celebrate Christmas in the same way. The Jewish Religion celebrates their holiday of Hanukkah, which is December 19 this year.

In America Santa Claus is a jolly, fat man dressed in red. He is said to come down the chimney of good little girls and boys houses to bring them presents. On behalf of the Warrior staff, we wish you a Merry Christmas and a Happy New Year!



*By Gail Mullery and Lyn Nagle*



*Season's Greetings*

## THE WONDERFUL WORLD OF KITES & SKATES

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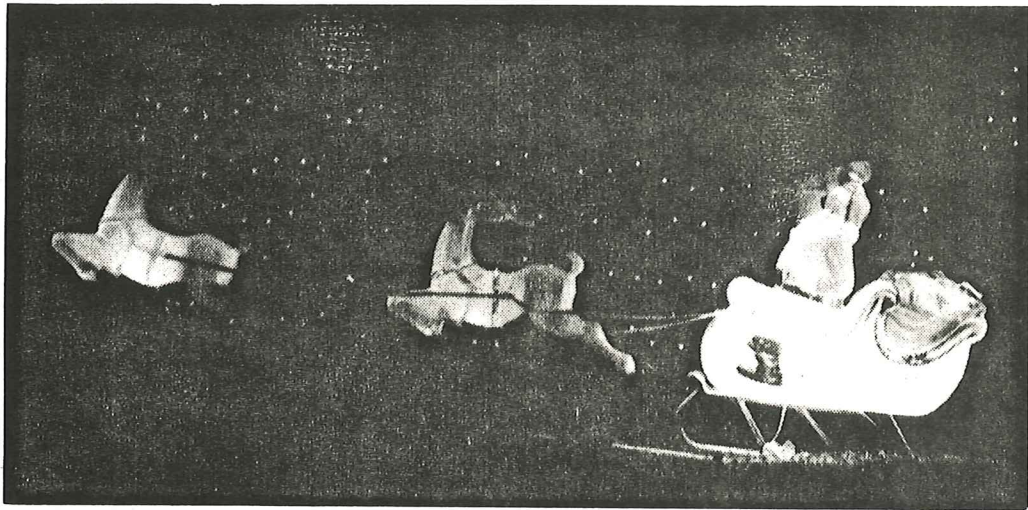
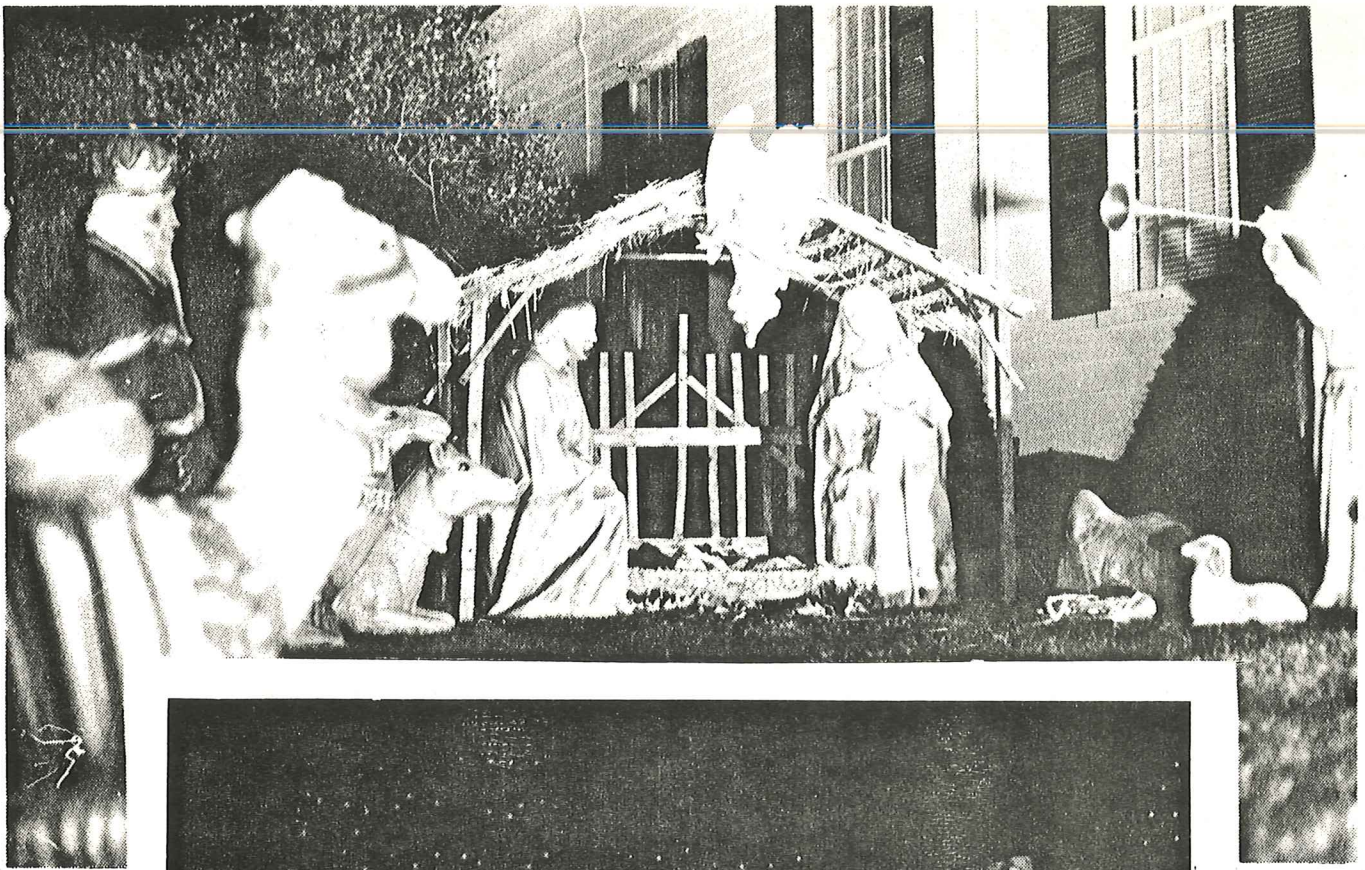
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# Student Council Update

As hard as it is to believe, Christmas vacation is just a few short weeks away. However, there are still several school topics which should be of interest to you as students.

At the present time, the groups within our school are slowly rebounding from the exhaustive week or two prior to the Spirit Competition held on Thanksgiving Eve and Thanksgiving Day. On behalf of those groups and, I am sure, the administration as well, I would like to thank each and every student who cheered us on in perhaps the greatest endeavor of MHS. The support from the groups was remarkable and essential to our success. A thank you must also go out to those people who bought balloons, sold balloons, or helped with the actual release. Incidentally, we have had a reply from a small town in South Carolina, but prizes will not be awarded until after Christmas vacation. Furthermore, it was refreshing to see the faces of the many alumni who came back to MHS. It was nice having them for the day.

Those people involved with the competition are presently gathering any available negatives of any events related to the competition. We are collecting these items so that a scrapbook may be submitted to 7up. This scrapbook will be included in the overall judging of our school. Therefore, I am asking that anyone having items, pictures, etc., pertinent to the competition and who is willing to include them in the scrapbook should turn them in to me immediately. We are in the process of compiling the book now. I would like to sincerely thank the photographers who gave unselfishly of their time to take pictures of the various aspects of the competition.

The pep rally was super in that we really showed the judges we are

behind our teams. As for the parade, it was absolutely spectacular. Rumor has it, it was the largest, most superb parade our town has ever seen. The floats, band and twirlers, the fire, first aid, and police equipment, as well as the crowd were amazing.

The Spirit Competition is over now for the most part, so we have begun to move on to bigger and better things.

The Principals' Council, the organization of several schools' spokes people and administration, last met on November 14. The major discussion of this meeting was the possibility of "weighting courses". For those who are not fully aware of what this is, weighting courses is a process whereby those advanced placement courses are given more weight in determining class rank. Therefore, a 'B' in AP Calculus would carry more weight than a 'B' in Creative Stichery.

This decision will effect every student in our school. Therefore, you should voice your opinion to a member of the Principals' Council. This includes two vocational students, Key Club President, Student Council officers, and the class presidents or an appointed representative. Speak with us so that we may accurately voice your opinions.

Student Council is now prepping for the Christmas festivities. One particular event we are sponsoring is an extremely important one. We are conducting our annual Toy Drive for needy children in our area and in area hospitals. You would be surprised, the toys you no longer need, want or use, would bring the brightest smile you'll ever see to the face of a child who is not in the best situation. This year I sincerely ask that you bring that toy to school so we may deliver it to a



# Fatal Vision: The Verdict ?

Fourteen years after the F.B.I. ordered the apartment sealed, renovations have finally begun a 544 Castle Drive in Fort Bragg, N.C. It was here the Dr. Jeffrey MacDonald claimed that in the early morning hours of February 17, 1970, a gang of drug-crazed hippies invaded his house beating and fatally stabbing his pregnant wife Colette and young daughters Kimberly, age 5, and Kristen, age 2--but unexplicably leaving him with only minor cuts and scratches.

The Army investigators did not believe him. Neither did a grand jury when MacDonald was eventually brought to trial for the killings more than nine years later--chiefly because of the efforts of his father-in-law.

During the long and thorough investigation the laboratory at Fort Gordon was forwarding to the Fort Bragg CID findings which, strengthened considerably the case against MacDonald. For instance, no blood was found (nor were any fingerprints) on either of the two phones that MacDonald had said he used to call for help after checking the blood-drenched members of his family for signs of life and attempting to resuscitate them. Also, no blood was found on the floor of the hallway where MacDonald had said he'd lain face down and unconscious after having already been stabbed in the chest.

In addition, based upon comparison with the known hair samples taken from the MacDonald apartment, the laboratory reported that the blond hair found in the palm of Colette MacDonald's hand was her own and not that of a so-called blond haired intruder wearing a white floppy hat.

By far, the most important laboratory finding had to do with blood analysis. It was determined, against all statistical probabilities, that each of the four members of

MacDonald's family had different blood types.

Thus, it was possible for investigators to determine where within the apartment the blood of each family member could be found. The thrust of this evidence--the story told by the blood--seemed to contradict more strongly than anything before it, the story that Jeffrey MacDonald had told.

The type B blood of MacDonald was found in significant quantity in only two locations within the apartment: in the kitchen on the floor in front of the cabinet that contained a box of rubber surgical gloves, and on the right side of the bathroom sink.

On August 23, 1979, Jeffrey MacDonald took the witness stand and told the same story he had been telling for nine and a half years: drug-crazed intruders killed his family.

After only six and a half hours of jury deliberation, MacDonald was found guilty of second degree murder in the deaths of Colette and Kimberly, and guilty of murder in the first degree in the death of his younger daughter Kristen.

The judge sentenced him to three life terms in prison, to be served not concurrently, but consecutively.

Still today, Jeffrey MacDonald is trying to bring his case back to court. Will all the publicity that he has received through the television movie, "Fatal Vision" and the best selling book of the same name by Joe McGinnis, hurt his chance of a fair trial by an unbiased judge and jury?

Could a handsome, charismatic Green Beret with a bright future in medicine brutally murder his wife and two daughters?

*By Helen Saunders*



# MYSTERY STUDENTS

This issue's male mystery student was born on April 15, 1967 at Point Pleasant Hospital. He currently resides in Spring Lake where he has been living all his life.

This senior, whose hobbies are skiing, swimming, and tinkering, plans someday to become an electrical engineer, and have a wife and five blue-eyed, blonde-haired children.

His favorites include: cheese steaks and pizza; the music of the Police; the songs "Don't Stand So Close To Me", and "Synchronicity II"; the name Beau; the shows "Benson", and "M\*A\*S\*H"; the movie "Uncommon Valor"; and the subject Physics. In addition, he feels the best thing ever invented was the cheese steak.

His dislikes include: cauliflower, pork chops, and meatloaf; the music of Culture Club and Heavy Metal in general; the show "One Day at a Time"; the movie "Purple Rain"; the names Mary and Yvonne; and bennies. According to him, the worst things ever invented were stoplights and cigarettes; and smoke in the bathrooms aggravates him the most.

This student likes his friendship with Mary Claire best about himself, although he would like to change his stubbornness. He looks for a sweet and innocent girl with blonde hair and blue eyes. His favorite place to go on a date is the beach.

This blue-eyed, blond student, who is 5'10" tall and weighs 145 pounds, has three brothers, two sisters, two cats, and a dog. His advice to others is: "You never regret the things you have done, just the things you haven't."

MALE MYSTERY STUDENT:  
LENDIA RAPCEE

This issue's female mystery student was born on August 18, 1967 at Point Pleasant Hospital. She currently resides in Manasquan where she has been living all her life.

This senior's hobbies are horseback riding, aerobic dancing, and shopping. She is currently involved in Varsity Cheerleading and Track. She plans someday to become a researcher in nutritional science.

Her favorites include: lobster and shrimp; the music of 38 Special, Crosby Stills and Nash, Stevie Nicks, and Jethro Tull; the songs "Southern Cross", and "Edge of Seventeen"; the names Nicole, and Steven; the shows "60 Minutes", "Dallas", and "Falconcrest"; the movies "The Natural", and "Ghost Busters"; and the Subjects Yearbook, and Chemistry. She feels the best thing ever invented was the telephone, and the best thing that ever happened to her was getting accepted to college.

Her dislikes include: Swedish meatballs, hotdogs, the music of Cyndi Lauper and Cory Hart; the songs "Jitterbug" and "Shabop"; the show "Scarecrow and Mrs. King"; the movie "Friday the 13th Part III"; and the names Dante and Isabell. People that think they are too good for you greatly aggravate her. In addition, she feels the worst thing ever invented was the breakable bottle.

This future owner of a Mercedes likes her ability to talk to people best about herself, although she would like to change her hair. She looks for a nice personality and a neat appearance in a boy, and her favorite place to go is to a party or to just be alone.

This student who is 5'6" tall and weighs 115 has blue-green eyes and dirty blonde hair. She has one brother, a dog, and a cat. Her advice to others is: treat others as they treat you.

FEMALE MYSTERY STUDENT:  
YAM NASKILIZ



# Horoscope

## ARIES (March 21-April 19)

You start the New Year off with a change of heart, Aries. The first 10 days of the month are crucial for you when it comes to love. Rest up after the holiday and establish a balanced diet. Progress days: 1,8,21. Power days: 25,26.

## TAURUS (April 20-May20)

Romantic and friendship ties are especially lively during January. Travel plans are made and you receive a lot of attention this month. Don't be too quick to judge the actions of others. Progress days: 5,10,23. Power days: 1,28.

## GEMINI (May 21-June21)

The beginning of the month you search for new friends and outside interest gemini. Don't be too independent unless you'll find yourself alienated from your loved ones. Progress days: 8,13,21. Power days: 3,31.

## CANCER (June 22-July 22)

Follow a moderate exercise and eating program to offset the holiday binges. On the job, you receive recognition for a job well done. Personal satisfaction leads to a healthy mind. Progress days: 10,15,29. Power days: 6,7.

## LEO(July 23-August 22)

You budget your time and become more efficient this month, Leo. Your main area of concern is your financial situation. A part time job could help. Progress day: 3, 10,13. Power days: 7,8.

## VIRGO(August 23-September22)

Avoid arguments by thinking before you speak. Your social life is highlighted and keeps you quiet busy during January. Watch your step! You're a bit accident prone this month. Progress days: 1,13,15. Power days: 10,11.

## LIBRA (September 23-October 23)

Letters and phone calls come your way. This could spark up that old romance you let die, Libra. Don't let him or her get away this time. Take the initiative and commit yourself. Progress days: 10, 18,24. Power days: 14,15.

## SCORPIO(October 24 November 22)

Keep your mind open to change. Don't become that creature of habit unless you will find yourself bored of the same routine. Find yourself some new interests and you'll feel better for it. Progress days: 2,5,11. Power days: 17, 22.

## SAGITTARIUS( November23-December 21)

The first half of January brings you good news by way of a letter. Your social life is keeping you busy. So enjoy it while you can. Finances improve considerably. Progress days: 8,25,27. Power days: 16,18.

## CAPICORN ( December 22-January 19)

This is your month to shine! All good things come your way and your in the mood to make changes. This is a great month to arrange travel plans. Progress days: 1,10, 29. Power days: 18, 20.

## AQUARIUS(January 20-February18)

Don't neglect your own needs this month, Aquarius. Take time to relax after the holidays. A balanced diet could pick up your spirits. Remember not to neglect your friends or family because of your new romance. Progress days: 13,25,30. Power days: 19,21.

## PISCES( February 19-March 20)

Your in the mood for a romance but don't rush into anything your not sure of. Prepare yourself for the worst and the best will happen. Be frugal with your money. Progress days: 1,15,29, Power days: 22,24.

(Some of the information for this column is taken from the magazine American Astrology.)



# Dieting: A Dilemma!

By Gail Mullery

After weeks of merrymaking and indulging during the Christmas Holiday most people feel like they've gone a bit overboard, tipping the scales not always in their favor.

With the first of the year approaching so comes a New Years resolution. The most popular concerns diet and exercise.

Trying to shed those extra pounds is not as easy as one thinks. It takes not only physical exercise but also mental exercise. Reaching for an apple and not that piece of chocolate cake can turn a sane person crazy.

The first step to success is deciding on a realistic goal; one that is attainable. No matter what you may think a normal person can't shed 10 pounds in one week.

Now that you have a desired weight in mind set aside a certain time every day for exercise. Aerobic exercise, jogging, riding a bike and walking are good choices for all over toning. Now for your meals, just remember it's not what goes in your mouth but how much. Three basic meals along with regular exercise should show some results. Keep in mind that the summer isn't that far off. Before you know it will be bathing suit season again.

Some tips for dieters are: 1. Cut out a picture of someone who you think has that perfect figure, the one you've longed for and tack it up on your refrigerator. When reaching for the ice-box handle you'll think twice. 2. Cut up carrots and celery and keep it some place available. 3. Why tempt yourself with cookies and cakes by keeping them on the counter or hiding them under your bed. Just put them away and in time you'll forget there even there.

Remember, you can't hide under those bulky sweaters forever, so start cutting down today. With time on your side you should reach that desired goal with weeks to spare. So Good Luck!!!

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12th & Main, Belmar, N.J. 07719

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## SYMPOSIUM

By Jennifer Newman

This issue's Symposium question:  
What is your favorite holiday tradition?

Cici O'Keffee:

Racing down the stairs to open my Christmas gifts which Santa has bestowed upon me along with my loving brothers, Gregory and Michael. Happy Holidays to All!!!

Raini Ashare:

I like to receive presents and I like how everything is so cheerful and decorated. I also love the snow.

Mrs. Tisch:

Spending time with family and friends.

Annette Marino:

The best thing about Christmas is getting presents and being with family and friends.

Tracy Freeman:

Getting presents, having off from school, and baking cookies.

Lyle Durham:

Giving presents to family and friends and being with people you love.



# Tennis Notes

The following is a letter from Mr. Fred Lockmeyer, assistant Superintendent and girls tennis Coach.

As the tennis team coach, I had planned to speak briefly at the awards ceremony held the evening of December 12th. Because of time limitations, the evening's format did not permit this. Manasquan High School had a championship girls' tennis team, with an outstanding record, and I feel the team's effort should not go unnoticed and that the team members should receive proper publicity.

This year, Manasquan won the Shore Conference B South Championship with a record of 12 and 0, and ended the season with an overall record of 15 and 3. The girls' 3 losses were to truly outstanding teams: RBC, which ended up as the best team in the state; Ridge, which won the State Group II Championship (we came extremely close to beating them at 2 & 3); and to Rumson. The girls' tennis team was established at MHS in 1970. During 14 seasons of competition, Manasquan girls have won 13 championships. This certainly is an outstanding accomplishment and Manasquan is proud of this dynasty. Probably it is one of the strongest dynasties throughout the state of New Jersey.

Six seniors have been an important part of four championship seasons. They are:

CINDY MCKNIGHT : Cindy was captain of the team. She was All-Shore in tennis in her junior year and senior year, and over-all her record in grades 9 through 12 was 55 and 9. Cindy was a hard-worker, constantly playing on Saturdays and Sundays when no practice was scheduled, and certainly one of the main reasons for the great team we put on the courts this year. (Cindy has a real love of apples. She ate all the apples brought for team refreshment..... constantly!) Not only talented on the courts, Cindy ranks #2 academically in her class and should go far in any future endeavors.

ELLEN SHEEHAN: Ellen was our 2nd singles player. Her record this year was 15 and 3. She not only participated in tennis but also is one of the two student representatives to the Manasquan Board of Education and is serving as Key Club President this year. Ellen comes from a long line of Sheehan girls' tennis players and over the past 14 years there often has been a Sheehan on the team. We are fortunate to have another who will be eligible through 1988.

HELEN SAUNDERS: Helen was our 3rd singles player. Her record was 15 and 2. Helen is a very consistent and determined player. Playing Helen is like playing a wall: she always returns your shots. She possibly holds the record for one of the longest matches: one that lasted well over 3 hours, with one point consisting of 97 volleys. This shows you what kind of determination Helen brings to the game of tennis. Helen and I will never forget that match.

STACY WHITMAN and PAM JOHNSON: Pam and Stacy were our number one doubles team. Their record while playing together this season was 15 and 2.

STACY WHITMAN: is fundamentally a very sound player, with excellent strokes and knowledge of the game. She had two questions at the start of every practice session. Her first question was "do we have to do any laps?" (because she loved to do laps after practice). Her number two question always was "what time will practice be over?". This was because Stacy had such a tight schedule due to academic preparation (she ranks #1 in her class) and was serving as twirler captain with the high school band. Not only would she have tennis practice and matches, but also had numerous other activities for which to prepare.